

EARLY EXERCISES-PHASE 1

ABCs

Trace the alphabet (ABCs) x 5 minutes several times a day

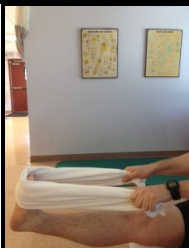
ANKLE PUMPS

Pump the ankle up and down x 5 minutes several times a day



TOWEL STRETCH

Pull the foot back until you feel a stretch at the calf. Hold the stretch for 15-30 seconds, several times a day



TOE CURLS

Bunch up a towel curling your toes. Do for 5 minutes, several times a day.



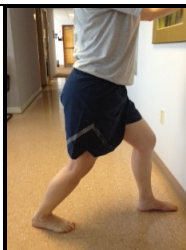
EXERCISES-PHASE 2

GASTROC STRETCH

Heel flat on floor. Back knee straight, lean forward until you feel a stretch at the calf. Hold x 30 seconds, several times a day

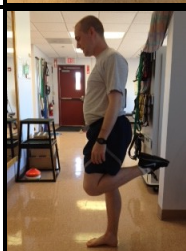
SOLEUS STRETCH

Standing with both knees bent and involved foot back. Gently lean into wall until stretch is felt in lower calf. Hold 30 seconds.



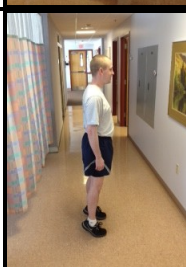
STORK BALANCE TRAINING

Standing on your injured leg, work on balancing. When you can balance for 60 seconds with your eyes open, try it with eyes closed.



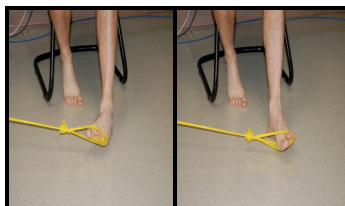
HEEL RAISES

Raise on the balls of your feet. Do 15 reps, 3 sets, several times a day



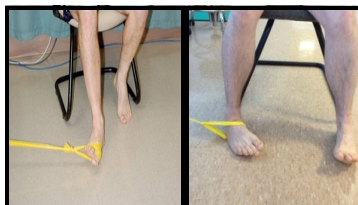
RESISTED EVERSION

Push to the outside against the tube slowly getting as much motion at the ankle as you can



RESISTED INVERSION

Push to the inside against the tube slowly getting as much motion at the ankle as you can



LATERAL ANKLE SPRAIN



The bones of the ankle as seen from the front

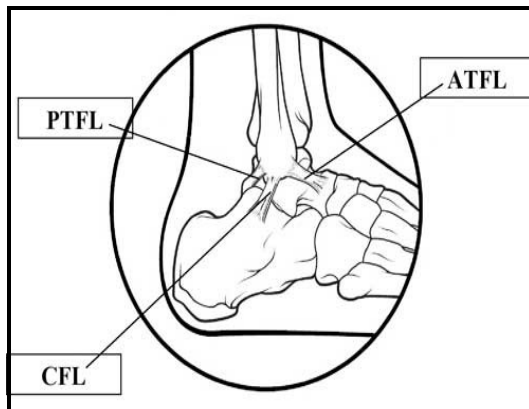


The bones of the ankle as seen from the side

The ankle joint connects the foot to the leg. It is made up of three bones: the lower tibia, the lower fibula, and the talus. The bones of the ankle are primarily held together by strong structures called ligaments. An injury to a ligament is called a "sprain." A sprain can range from a partial tear to a complete tear of a ligament.

Sprains are common injuries. In fact, ankle sprains are one of the most common orthopedic injuries overall, accounting for upward of 40% of all athletic injuries.

The most commonly injured ligaments in the ankle are those of the lateral ligament complex, located on the outer, or lateral, side of the ankle. The lateral ligament complex is comprised of three ligaments: the anterior talofibular ligament (ATFL), the calcaneofibular ligament (CL), and the posterior talofibular ligament (PTFL).



Mechanism of Injury

Most often, lateral ankle sprains are caused by an "inversion" injury of the ankle. In these injuries a strong force pushes the foot inward underneath the leg. The foot then buckles inward, towards the opposite foot.

Symptoms

Signs and symptoms of a sprained ankle include:

- Pain, especially when you bear weight on the affected foot
- Swelling and, sometimes, bruising
- Restricted range of motion

When to See a Doctor

Call your doctor if you have pain and swelling in your ankle and you suspect a sprain. Self-care measures may be all you need, but talk to your doctor to discuss whether you should have your ankle evaluated. If your signs and symptoms are severe, it's possible you may have broken a bone in your ankle or lower leg.

What is Treatment for the Sprained or Ruptured Ankle Ligament?

The RICE protocol is a practical regimen that is commonly used in the treatment of ankle sprains.

R is for REST

Stop all activities that cause increased pain or makes the injured area feel worse. It is important to maintain some activity level but as tolerated

I is for ICE

Icing the affected area will help control swelling and pain. Ice the injured part by applying a cold pack (wrapped in a towel) 15 to 20 minutes, several times a day for several days, until swelling subsides.

C is for COMPRESSION

Compression works by minimizing the volume. Use an ACE bandage to wrap the injured part which will limit swelling as well as bleeding.

E is for ELEVATION

Keep the swelling down to a minimum. This can be done by keeping the injured part raised (preferably above your heart) for 48 hours to assist the drainage of fluid from the site of injury.

Early rehabilitation exercises of the ankle should be initiated once the inflammation, swelling, and pain begin to resolve. This is usually a few days after injury. Rehabilitation typically consists of gentle stretching, strengthening, and "Proprioceptive" exercises.